

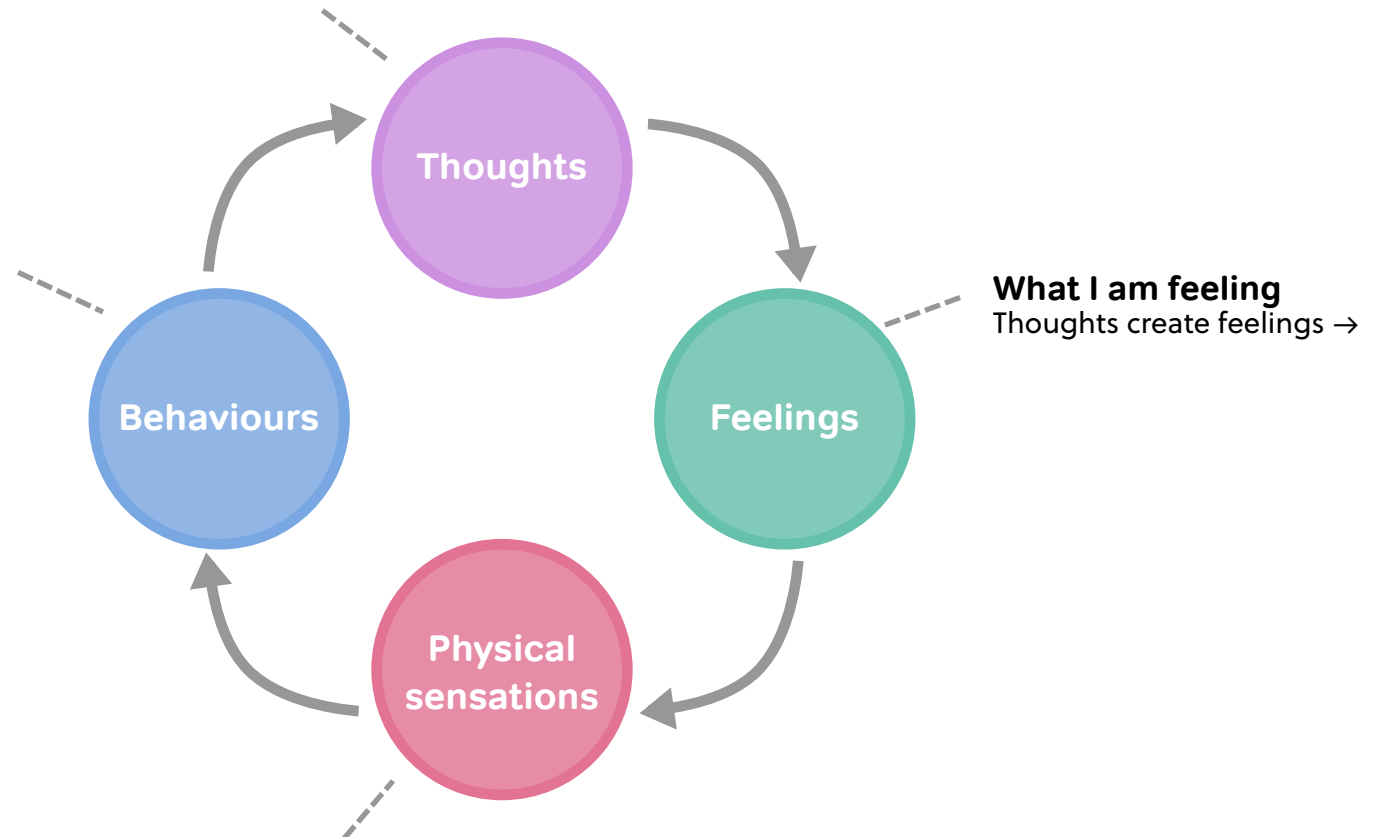
Vicious Cycle of poor sleep



www.mindwell-leeds.org.uk

What I am thinking
Thoughts begin to race →

What am I doing?
Feelings create behaviours →



What I am feeling
Thoughts create feelings →

How my body reacts
Thoughts and feelings trigger physical response →